

TRAINING FOR A MULTI-DAY BIKE TOUR



We all love spending time on our bike and exploring the world. Whether you are just getting started or you are a life long cyclist, don't plan on "riding into shape" during a tour. Train and come prepared to get the most out of your trip both on and off the bike.

To prepare for a multi-day tour you should be riding 3 to 4 days per week in the months leading up to the tour. Your tour will be on week 13; start your training plan 12 weeks prior to the tour.

Moderate 6-day, 30-40 mile/day Tour Training Schedule

Allow your body time to recover and be at 100% when the tour kicks off

Week	Ride 1	Ride 2	Ride 3
1	Cross-Train	0:30	0:30
2	Cross-Train	0:30	0:30
3	0:30	0:30	Cross-Train
4	0:30	0:30	0:30
5	0:30	1:00	1:00
6	0:30	1:30	1:30
7	1:00	2:00	2:00
8	0:30	1:00	1:00
9	1:00	2:30	3:00
10	Cross-Train	0:30	1:00
11	0:30	0:30	REST
12	Event Week		6-Day, 30-0 mile/day

Intense 7-day, 60-80 mile/day Tour Training Schedule

Ride lengths are given in time (0:30 = 30 min)

Week	Long Ride 1	Long Ride 2	Weekly Total
1	0:30	1:00	4:00
2	1:00	1:30	5:00
3	1:30	2:00	6:30
4	2:00	REST	4:00
5	2:00	2:30	8:00
6	2:30	3:00	9:00
7	2:00	REST	4:00
8	3:00	3:30	11:00
9	3:00	4:00-5:00	12:00
10	2:00	2:00	7:30
11	0:30	5:00	7:15
12	Event Week		7-Day, 60-80 mile/day

The most intense week of training falls two weeks before the tour

It's important to ride on back to back days to build stamina. Day 1 of this weekly schedule can be on any day of the week.

To prepare for a long-distance tour, you should be riding 3-4 days per week in the months leading up to the tour.

CROSS TRAINING EXERCISES

Cross training exercises might include crunches, lunges, mountain climbers, jogging, swimming, pushups, burpees, etc that you can do with your own body weight. No fancy equipment needed.



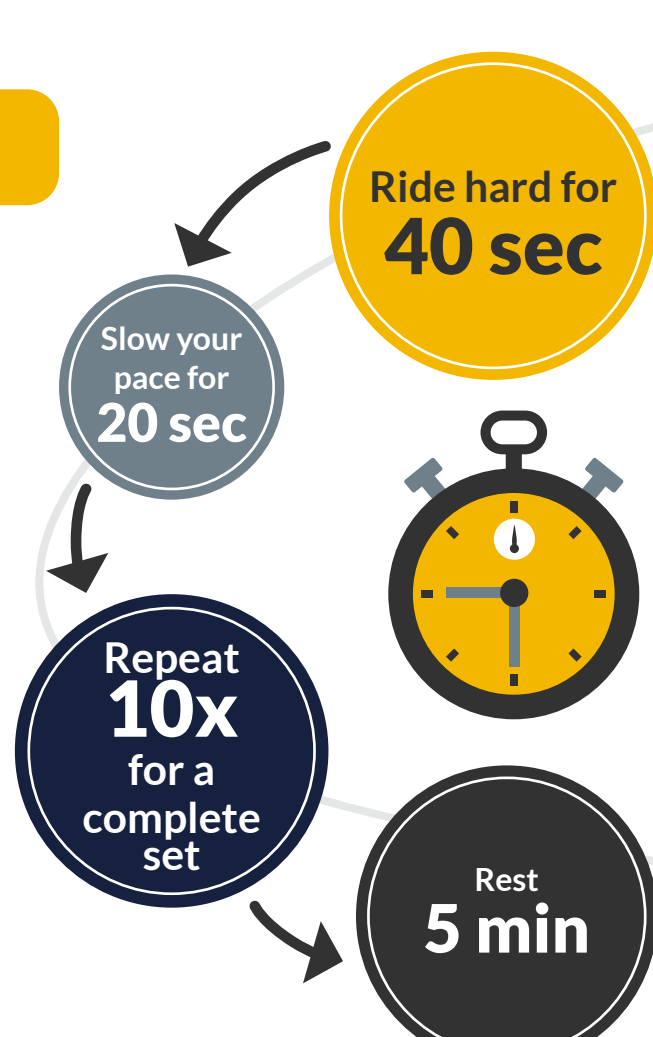
WHY IS THERE CROSS-TRAINING ON THE SCHEDULE?

Cross training exercises target core muscles like abs, glutes, back, and hip flexors which are all key to riding stamina and strength.

Interval Training

If you don't have hills to ride around where you live then do intervals to prepare for headwinds and hilly riding.

- Ride hard for 40 seconds (95 RPM or higher)
- Slow your pace for 20 seconds (80 RPM or lower)
- Repeat that "interval" pattern 10 times



SUSTAINED CLIMBING

Pushing a hard gear is bad for your knees and unsustainable over a long climb. It is better to spin the pedals in an easier gear and keep a pedaling cadence of 80-85 revolutions per minute. So on the flat, keep a cadence of 80 rpms or even higher. When you're approaching a climb, shift to a lower gear as the climb begins and continue shifting to try to keep your rhythm at 80 rpms or slightly lower. If you are faced with a long climb, slow your cadence, and stay in a gear that you can comfortably maintain for 60 minutes or more.



If this is your first multi-day bike tour, talk to your experienced cycling friends about nutrition, recovery and training. Get connected with a local cycling club and join group rides to keep your excitement and motivation up to stay with your training plan.

Email tours@intentionallylost.com

with questions about your training or any other trip planning questions.



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